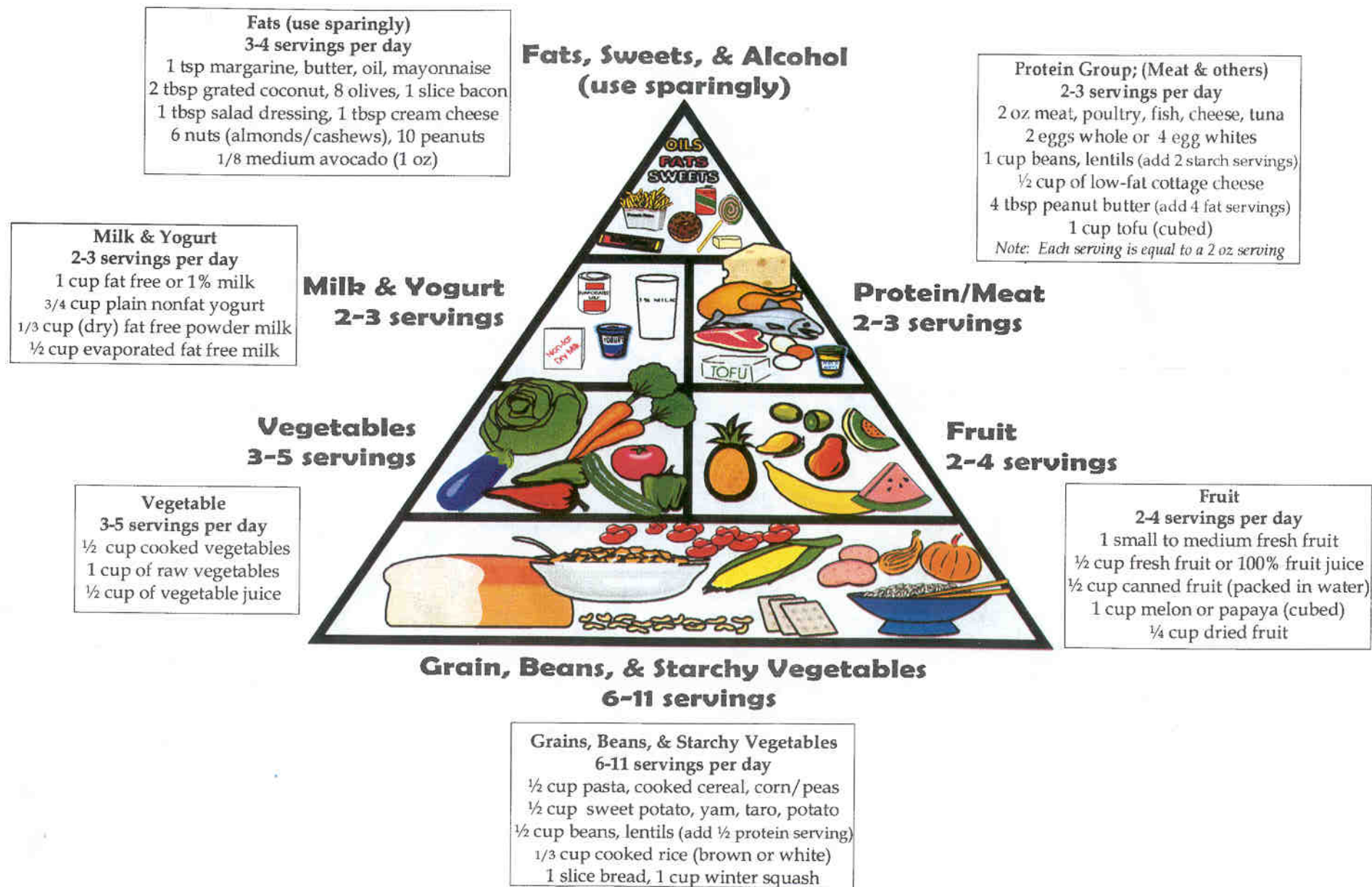


Diabetic Food Guide Pyramid

Designed by: Dawn M. Oakley, MPH, RD, LD, CDE, CNSD
Resource: American Diabetes Association & American Dietetic Association

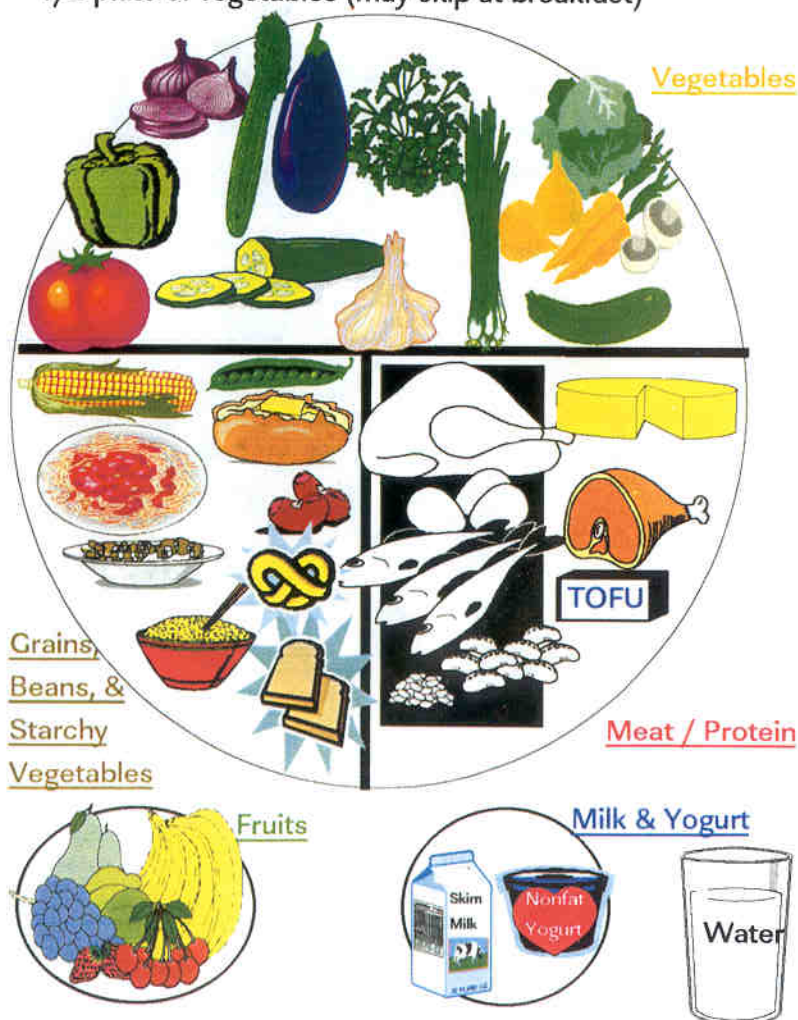


The Plate Method

The plate method uses a divided plate to show how much of each food group to include at each meal.

Servings Each Meal

- * 1/4 plate grains, beans, and starchy vegetables
- * 1/4 plate meat/protein (may skip at breakfast)
- * 1 small or medium fruit, or 1/2 cup 100% (unsweetened) fruit juice--only if your blood sugar is in good control
- * 1 cup non-fat or 1% milk or 6-8 oz. low-fat yogurt
- * 1/2 plate of vegetables (may skip at breakfast)



Tips for a Healthy Lifestyle



- ♥ Reach & maintain a reasonable weight
- ♥ Avoid skipping meals (eat at least 3 meals at the same time each day)
- ♥ Watch your portion sizes
- ♥ Increase your daily activity

Healthy Eating Is The First Step In Taking Care Of Your Diabetes

You can make a difference in your blood sugar control with your food choices. Having well-controlled blood sugars can help you feel better and reduce or prevent the complications of diabetes (heart disease, kidney problems, eye problems, nerve problems, feet problems, and others).

Carbohydrate Counting

Carbohydrates in food affect your blood sugars the most. Carbohydrates are found in starches (rice, breads, cereals, pastas, vegetables, and others) and sugars (fruits, juice, soda, table sugar, honey, syrup, and others). By keeping track of the number of carbohydrates you eat each meal, you can have better control of your blood sugar. Carbohydrate counting helps you keep track of the number of carbohydrates you eat everyday. Your dietitian, nutritionist, or CDE (certified diabetes educator) can help you figure out how many carbohydrates you need to eat everyday. The table below shows the number of carbohydrates per serving in each of the food group.

	<u>Carbohydrates</u>	<u>Protein</u>	<u>Fat</u>
Grains, Beans, and Starchy Vegetables	15 g	3 g	0-1 g
Fruits	15 g	0 g	0 g
Milk (non-fat)	12 g	8 g	0 g
Vegetables	5 g	2 g	0 g
Meat/Protein (lean)			
(Meat Substitutes)	0 g	7 g	3 g
Fats	0 g	0 g	5 g

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